

Statistics Report 09279, Plums, raw
Report Date: July 01, 2017 00:17 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2 3	g	87.23	10	0.328	85.5	89.46	4.0	86.309	88.154	3	Analytical or derived from analytical	--	12/2002
Energy	kcal	46	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Energy	kJ	192	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Protein 1 2	g	0.70	9	0.034	0.57	0.89	6.0	0.619	0.79	2	Analytical or derived from analytical	--	12/2002
Total lipid (fat) 1 2 3	g	0.28	10	0.045	0.01	0.51	5.0	0.163	0.393	3	Analytical or derived from analytical	--	12/2002
Ash 1 2	g	0.37	9	0.008	0.31	0.44	6.0	0.348	0.388	2	Analytical or derived from analytical	--	12/2002
Carbohydrate, by difference	g	11.42	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Fiber, total dietary 1 2	g	1.4	7	0.075	1.2	1.7	3.0	1.14	1.634	2	Analytical or derived from analytical	--	12/2002
Sugars, total 1 2	g	9.92	8	0.370	8.6	11.59	4.0	8.911	10.921	2	Analytical or derived from analytical	--	12/2002

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Sucrose 1 2	g	1.57	8	0.260	0.28	2.53	5.0	0.912	2.221	2	Analytical or derived from analytical	--	12/2002
Glucose (dextrose) 1 2	g	5.07	8	0.267	4.05	6.23	5.0	4.357	5.773	2	Analytical or derived from analytical	--	12/2002
Fructose 1 2	g	3.07	8	0.126	2.35	3.88	5.0	2.75	3.383	2	Analytical or derived from analytical	--	12/2002
Lactose 1 2	g	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
Maltose 1 2	g	0.08	8	0.020	0	0.26	3.0	0.015	0.141	2	Analytical or derived from analytical	--	12/2002
Galactose 1 2	g	0.14	8	0.140	0	1.12	3.0	-0.306	0.586	2	Analytical or derived from analytical	--	12/2002
Starch 1	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2003
Minerals													
Calcium, Ca 1 4 5 6 7 8 9 10 11 12 13 14	mg	6	39	0.546	4	26	11.0	4.746	7.148	12	Analytical or derived from analytical	--	12/2002
Iron, Fe 1 2 4 5 6 7 8 9 10 11 12 13 14	mg	0.17	44	0.026	0.07	0.59	12.0	0.114	0.228	13	Analytical or derived from analytical	--	12/2002
Magnesium, Mg 1 2 4 5 6 7 8 9 10 11 12 13 14	mg	7	44	0.148	5	9	12.0	6.652	7.298	13	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P 1 2 4 5 6 7 8 9 10 11 12 13 14	mg	16	44	0.665	9	25	12.0	14.716	17.613	13	Analytical or derived from analytical	--	12/2002
Potassium, K 1 2 4 5 6 7 8 9 10 11 12 13 14	mg	157	41	3.963	111	207	12.0	147.868	165.135	13	Analytical or derived from analytical	--	05/2003
Sodium, Na 2 4 5 6 7 8 9 10 11 12 13 14	mg	0	37	0.042	0	2	11.0	-0.036	0.148	12	Analytical or derived from analytical	--	05/2003
Zinc, Zn 1 2 4 5 6 7 8 9 10 11 12 13 14	mg	0.10	44	0.014	0.04	0.3	12.0	0.072	0.135	13	Analytical or derived from analytical	--	12/2002
Copper, Cu 1 2 4 5 6 7 8 9 10 11 12 13 14	mg	0.057	44	0.005	0.01	0.15	12.0	0.047	0.068	13	Analytical or derived from analytical	--	12/2002
Manganese, Mn 1 2 4 5 6 7 8 9 10 11 12 13 14	mg	0.052	44	0.003	0.02	0.09	12.0	0.044	0.059	13	Analytical or derived from analytical	--	12/2002
Selenium, Se 2	µg	0.0	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	12/2002
Fluoride, F 15	µg	2.0	9	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	9.5	5	0.847	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin 1 2	mg	0.028	8	0.004	0.01	0.05	3.0	0.015	0.042	2	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin 1 2	mg	0.026	8	0.001	0.01	0.04	3.0	0.024	0.029	2	Analytical or derived from analytical	--	12/2002
Niacin 1 2	mg	0.417	8	0.027	0.3	0.55	6.0	0.35	0.484	2	Analytical or derived from analytical	--	12/2002
Pantothenic acid 1 2	mg	0.135	8	0.009	0.08	0.21	5.0	0.112	0.159	2	Analytical or derived from analytical	--	12/2002
Vitamin B-6 1 2	mg	0.029	8	0.000	0.02	0.04	3.0	0.028	0.03	2	Analytical or derived from analytical	--	12/2002
Folate, total 1 2	µg	5	8	0.125	3	7	3.0	5.027	5.823	2	Analytical or derived from analytical	--	12/2002
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	5	8	0.125	3	7	3.0	5.027	5.823	2	Analytical or derived from analytical	--	01/2007
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Choline, total	mg	1.9	--	--	--	--	--	--	--	--	Calculated or imputed	09291	01/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE 1 2	µg	17	7	2.166	10	28	5.0	11.698	22.838	2	Analytical or derived from analytical	--	12/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta 12	µg	190	7	23.833	109	305	5.0	128.442	250.986	2	Analytical or derived from analytical	--	12/2002
Carotene, alpha 12	µg	0	7	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
Cryptoxanthin, beta 12	µg	35	7	7.738	13	72	4.0	12.719	57.281	2	Analytical or derived from analytical	--	12/2002
Vitamin A, IU 12	IU	345	7	43.321	193	555	5.0	233.951	456.764	2	Analytical or derived from analytical	--	12/2002
Lycopene 12	µg	0	7	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
Lutein + zeaxanthin 12	µg	73	7	12.784	37	122	5.0	39.892	106.108	2	Analytical or derived from analytical	--	12/2002
Vitamin E (alpha-tocopherol) 13	mg	0.26	5	0.064	0.2	0.46	1.0	-0.546	1.073	2	Analytical or derived from analytical	--	12/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 13	mg	0.00	5	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
Tocopherol, gamma 13	mg	0.08	5	0.076	0	0.16	1.0	-0.885	1.053	2	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta 1 3	mg	0.00	5	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 1 2 16	µg	6.4	8	0.929	4.4	8.2	2.0	2.354	10.348	3	Analytical or derived from analytical	--	12/2002
Lipids													
Fatty acids, total saturated	g	0.017	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
18:0	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Fatty acids, total monounsaturated	g	0.134	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
16:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
18:1 undifferentiated	g	0.132	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Fatty acids, total polyunsaturated	g	0.044	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
18:2 undifferentiated	g	0.044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Phytosterols	mg	7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Amino Acids													
Tryptophan 2	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Threonine 2	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Isoleucine 2	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Leucine 2	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Methionine	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Cystine	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Phenylalanine	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Tyrosine	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Valine	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Arginine	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Histidine	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Alanine	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Aspartic acid	g	0.352	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid 2	g	0.035	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Glycine 2	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Proline 2	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Serine 2	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2003
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Anthocyanidins													
Cyanidin 21 22 23 24	mg	5.63	77	0.77	0.84	40.43	--	--	--	--	--	--	--
Petunidin 21	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin 21	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Malvidin 21	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Pelargonidin 21	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Peonidin 21 22 23	mg	0.3	69	0.04	0	2.1	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin 21 25 26 27	mg	2.9	--	0.44	0	5.82	--	--	--	--	--	--	--
(-)-Epigallocatechin 21 25 26	mg	0.2	--	0.1	0	1.19	--	--	--	--	--	--	--
(-)-Epicatechin 21 25 26 27	mg	3.2	--	0.49	0	10.38	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate 21 25 26	mg	0.8	--	0.43	0	4.98	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate 21 25 26	mg	0.4	--	0.21	0	2.47	--	--	--	--	--	--	--
(+)-Gallocatechin 21 25 26	mg	0.1	--	0.09	0	1.35	--	--	--	--	--	--	--
Flavanones													
Hesperetin 21	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin 21	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin 21 28 29	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin 21 28 29	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol 28 29	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Myricetin 21 28 29	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin 21 22 28 29 30	mg	0.9	62	0.19	0.22	7.35	--	--	--	--	--	--	--
Isoflavones													
Daidzein 31 32	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Genistein 31 32	mg	0.00	--	0.01	0	0.01	--	--	--	--	--	--	--
Total isoflavones 31 32	mg	0.00	--	0.01	0	0.01	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 17 18 19 20	mg	33.2	--	16.09	2.7	74.02	--	--	--	--	--	--	--
Proanthocyanidin trimers 17 18 19	mg	20.6	--	7.32	3	31.16	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 18 19	mg	52.2	--	20.99	5.8	75.7	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 18 19	mg	30.3	--	15.32	2.1	54.48	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 18 19	mg	60.5	--	24.81	18.37	98.71	--	--	--	--	--	--	--

Sources of Data

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